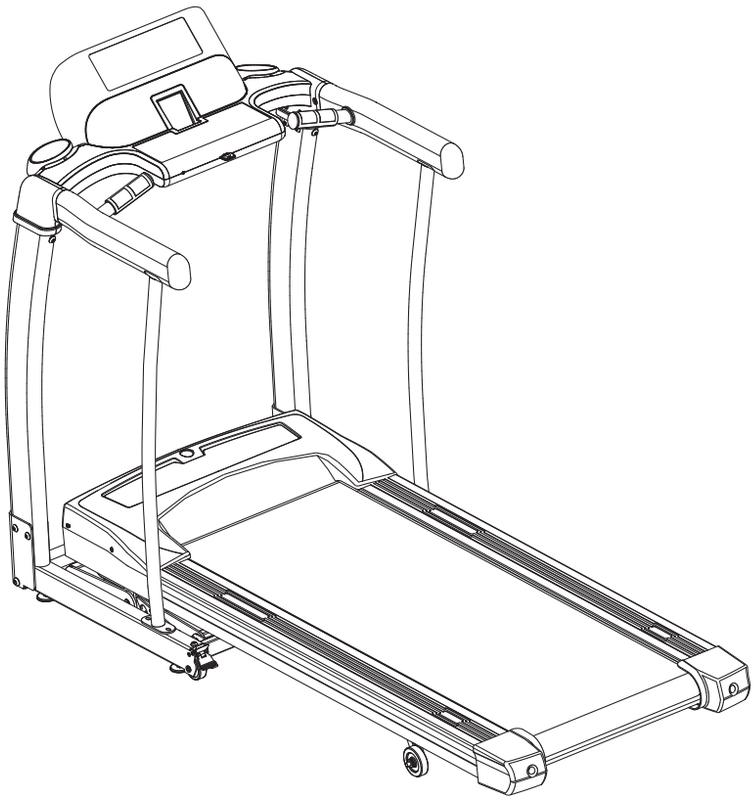
ROJO SERIES



FOR MODEL :

ROJO T4

ROJO T5

HORIZON FITNESS

TREADMILL USER'S GUIDE

Specifications **DIAMANTE SERIE**

CONSOLE	*ROJO T4*	*ROJO T5*
Time	●	●
Speed	●	●
Incline	●	●
Distance	●	●
Heart rate	Telemetric* und handgrip	Telemetric* und handgrip
Calories	●	●
Quick keys (speed + incline)	3 MyKeys	3 MyKeys
Preset	●	●
Displays (LED)	2	2
Program numbers	7	7
Program level	10	10
Pulse controlled program	1	1
Program store	4	4

TECHNICAL DATA	*ROJO T4*	*ROJO T5*
Drive Motor	2,25 PS/ 1,65 kW (Digital Drive)	2,5 PS/ 1,84 kW (Digital Drive)
Speed range	0,8 - 20 km/h	0,8 - 20 km/h
Elevation range	0 - 12 %	0 - 12 %
Elevation motor	225 kg	225 kg
Running deck	18 mm	18 mm
Belt thickness	1,6 mm	3,1 mm (Orthopedic Belt)
Cushion system	VCS Variable Cushion System	VCS Variable Cushion System
Roller diameter	6 cm	6 cm
Running area (L x B in cm)	135 x 51	147 x 51
Dimensions (L x B x H in cm)	187 x 84 x 134	198 x 84 x 134
folding dimensions (L x B x H in cm)	79 x 84 x 176	78 x 84 x 187
Weight	102 kg	110 kg
Max. user weight	160 kg	160 kg

FEATURES	*ROJO T4*	*ROJO T5*
Colour	Red-silver	Red-silver
FEATHERlight folding system	●	●
CONTROLLEDdrop system	●	●
Pedals	gummed	gummed
Transport wheels	4 (Upright transport) / Up & Move	4 (Upright transport) / Up & Move
Saftey Key	●	●
Bottle & bracket	●	●
Special features	MP3 storage, 3 watts speaker, Audio out jack	iPod-Dock, MP3 storage, 3 watts speaker, Audio out jack

* In conjunction with chest belt transmitter (Polar T34 recommended,as accessory).

Technical changings reserve.

INTRODUCTION

CONGRATULATIONS and THANK YOU for your purchase of this Horizon treadmill!

Whether your goal is to win races or simply enjoy a fuller, healthier lifestyle, a Horizon treadmill can help you attain it – adding club-quality performance to your at-home workouts, with the ergonomics and innovative features you need to get stronger and healthier, faster. Because we're committed to designing fitness equipment from the inside out, we use only the highest quality components. It's a commitment we back with

You want exercise equipment that offers the most comfort, the best reliability and the highest quality in its class.

Horizon Tredmills deliver.

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IMPORTANT PRECAUTIONS

SAVE THESE INSTRUCTIONS

Read all instructions before using this treadmill. When using an electrical product, basic precautions should always be followed, including the following: Read all instructions before using this treadmill. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions. If you have any questions after reading this manual, contact Customer Tech Support at the number listed on the back panel of this manual.

⚠WARNING

Connect this exercise product to a properly grounded outlet only.
See grounding instructions.

GROUNDING INSTRUCTIONS

This product must be grounded. If a treadmill should malfunction or breakdown, grounding provides a path of least resistance for electrical current to reduce the risk of electrical shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with local codes and ordinances.

⚠WARNING

Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product. If it will not fit the outlet, have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 220V-240V circuit and has a grounding plug that looks like the illustration below. This product must be used on a dedicated circuit. To determine if you are on a dedicated circuit, shut off the power to that circuit and observe if any other devices lose power. If so, move devices to a different circuit. ***Note:****There are usually multiple outlets on one circuit. It is recommended that the treadmill be used with a 10 amp circuit for optimal performance.*

⚠WARNING

To reduce the risk of burns, fire, electrical shock or injury to persons:

- *Never use the treadmill before securing the safety tether clip to your clothing.*
- *If you experience any kind of pain, including but not limited to chest pains, nausea, dizziness, or shortness of breath, stop exercising immediately and consult your physician before continuing.*
- *Do not wear clothes that might catch on any part of the treadmill.*
- *Always wear athletic shoes while using this equipment.*
- *Do not jump on the treadmill.*
- *Keep power cord away from heated surfaces.*
- *Do not insert or drop any object into any opening.*
- *Unplug treadmill before moving or cleaning it. To clean, wipe surfaces down with soap and slightly damp cloth only; never use solvents. (See MAINTENANCE)*
- *At no time should more than one person be on treadmill while in operation.*
- *This treadmill should not be used by persons weighing more than350 pounds. Failure to comply will void the warranty.*
- *This treadmill is intended for in-home use only. Do not use this treadmill in any commercial, rental, school or institutional setting. Failure to comply will void the warranty.*
- *Do not use treadmill in any location that is not temperature controlled, such as but not limited to garages, porches, pool rooms, bathrooms, car ports or outdoors. Failure to comply may void the warranty.*
- *Use the treadmill only as described in this manual.*

At NO time should pets or children under the age of 12 be closer to the treadmill than 10 feet.
At NO time should children under the age of 12 use the treadmill.
Children over the age of 12 should not use the treadmill without adult supervision.

OTHER SAFETY TIPS FOR YOUR TREADMILL

⚠WARNING

OPERATION

To reduce the risk of damaging important components on your treadmill, it is strongly recommended that your treadmill is plugged into a dedicated 20 amp circuit, without the use of an additional extension cord and/or power strip. Failure to comply may void the warranty.

IMPORTANT: *The treadmill is not compatible with GFCI-equipped outlets.*
It is essential that your treadmill is used only indoors, in a climate controlled room. If your treadmill has been exposed to colder temperatures or high moisture climates, it is strongly recommended that the treadmill is warmed up to room temperature before first time use. Failure to do so may cause premature electronic failure.

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BEFORE YOU BEGIN

Congratulations on choosing your treadmill! You've taken an important step in developing and sustaining an exercise program! Your treadmill is a tremendously effective tool for achieving your personal fitness goals. Regular use of your treadmill can improve the quality of your life in so many ways.

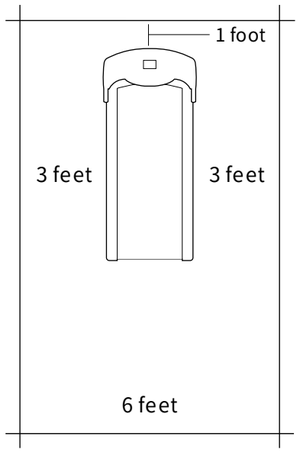
HERE ARE JUST A FEW OF THE HEALTH BENEFITS OF EXERCISE:

- *Weight Loss*
- *A Healthier Heart*
- *Improved Muscle Tone*
- *Increased Daily Energy Levels*

The key to reaping these benefits is to develop an exercise habit. Your new treadmill will help you eliminate obstacles that prevent you from exercising. Inclement weather and darkness won't interfere with your workout when you use your treadmill in the comfort of your home. This guide provides you with basic information for using and enjoying your new machine.

LOCATION OF THE TREADMILL

Place the treadmill on a level surface. There should be 6 feet of clearance behind the treadmill, 3 feet on each side and one foot in front for folding and the power cord. Do not place the treadmill in any area that will block any vent or air openings. The treadmill should not be located in a garage, covered patio, near water or outdoors.



WARNING

DO NOT STAND ON THE BELT

While you are preparing to use the treadmill, do not stand on the belt. Place your feet on the side rails before starting the treadmill. Start walking on the belt only after the belt has begun to move. Never start the treadmill at a fast running speed and attempt to jump on!

LEVELING

The treadmill should be level for optimum use. Once you have placed the treadmill where you intend to use it, raise or lower the adjustable levelers located on the treadmill base frame. Once you have leveled the treadmill, lock the levelers in place by tightening the nuts against the frame. To assure the treadmill is level, a carpenter's level is recommended.

SAFETY KEY

Your treadmill will not start unless the safety key is placed in position. Attach the clip end securely to your clothing. This safety key is designed to cut the power to the treadmill if you should fall. Check the operation of the safety key every 2 weeks.

WARNING

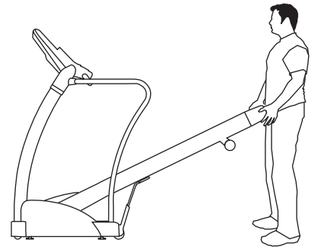
NEVER USE THE TREADMILL WITHOUT SECURING THE SAFETY KEY CLIP TO YOUR CLOTHING. PULL ON THE SAFETY KEY CLIP FIRST TO MAKE SURE IT WILL NOT COME OFF YOUR CLOTHING.

PROPER USAGE

Your treadmill is capable of reaching high speeds. Always start off using a slower speed and adjust the speed in small increments to reach a higher speed level. Never leave the treadmill unattended while it is running. When not in use, remove the safety key, turn the on/off switch to off and unplug the power cord. Make sure to follow the MAINTENANCE schedule located towards the back of this manual. Keep your body and head facing forward. Do not attempt to turn around or look backwards while the treadmill is running. Stop your workout immediately if you feel pain, faint, dizzy or are short of breath.

WARNING

Do not operate the treadmill if the power cord or plug is damaged. If the treadmill appears to not be working properly, do not use the treadmill.



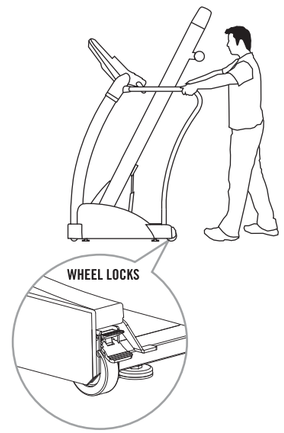
FOLDING

Firmly grasp the back end of the treadmill. Carefully lift the end of the treadmill deck into the upright position until the foot lock latch engages and securely locks the deck into position. Make sure the deck is securely latched before letting go. To unfold, firmly grasp the back end of the treadmill. Gently press down on the foot lock latch with your foot until the lock latch disengages. Carefully lower the deck to the ground.

MOVING

Your treadmill has transport wheels built into the frame. To move, make sure the treadmill is folded and securely latched. To unlock wheels, push down on the top lever of the rear wheel locks located on the rear corners of the base frame. Then firmly grasp the handlebars, and slowly move the treadmill. After moving to the desired location, push down on the bottom lever of the rear wheel locks to lock the rear wheels.

***NOTE**: Both rear wheel locks MUST be locked before using the treadmill.*



WARNING

Our Treadmills are heavy, use care and additional help if necessary when moving. Do not attempt to move or transport treadmill unless it is in the upright, folded position with the lock latch secured. Failure to follow these instructions could result in injury.

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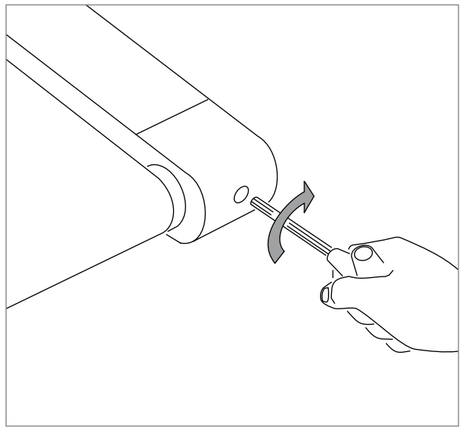
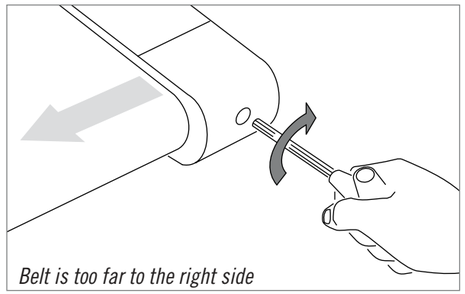
TENSIONING THE RUNNING BELT

The running belt has been properly adjusted at the factory before it was shipped. At times the belt can move off-center during shipment.

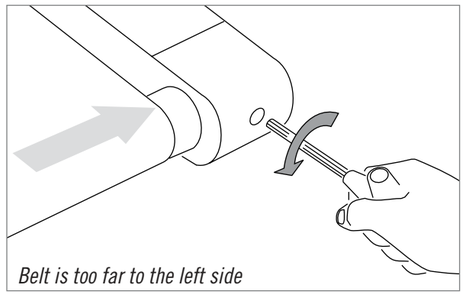
CAUTION:*Running belt should NOT be moving during tensioning. Over-tightening the running belt can cause excessive wear on the treadmill as well as its components. Never over-tighten the belt.*

If you can feel a slipping sensation when running on the treadmill, the running belt must be tightened. In most cases, the belt has stretched from use, causing the belt to slip. This is a normal and common adjustment. To eliminate this slipping, ***TURN THE TREADMILL OFF*** *and tension* ***BOTH THE REAR ROLLER BOLTS*** *using the supplied Allen wrench, turning them 1/4 TURN to the right as shown. Turn the treadmill on and check for slipping. Repeat if necessary, but* ***NEVER TURN*** *the roller bolts more than 1/4 turn at a time. Belt is properly tensioned when the slipping sensation is gone.*





Belt is too far to the right side



Belt is too far to the left side

CENTERING THE RUNNING BELT

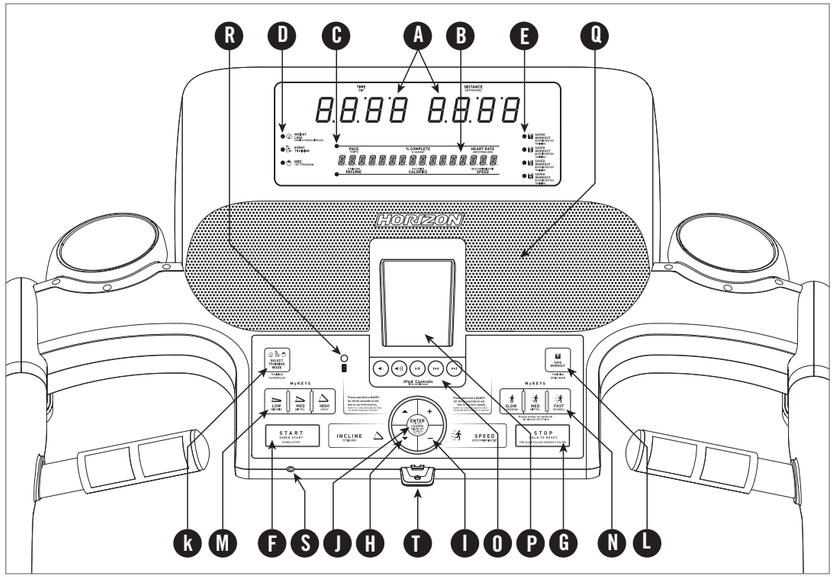
The running belt has been properly adjusted at the factory before it was shipped. At times the belt can move off-center during shipment. Before operating the treadmill, make sure the belt is centered and remains centered to maintain smooth operation.

CAUTION:*Do not run belt faster than 1/2 mph while centering. Keep fingers, hair and clothing away from belt at all times.*

If the running belt is too far to the right side: *With the treadmill running at 1/2 mph, turn the right adjustment bolt clockwise 1/4* ***TURN*** *at a time (using the supplied Allen wrench). Check the belt alignment. Allow belt to run a full cycle to gauge if more adjustment is needed. Repeat if necessary, until the belt remains centered during use.*

If the running belt is too far to the left side: *With the treadmill running at 1/2 mph, turn the right adjustment bolt counter- clockwise 1/4 TURN at a time (using the supplied Allen wrench). Check the belt alignment. Allow belt to run a full cycle to gauge if more adjustment is needed. Repeat if necessary, until the belt remains centered during use.*

TREADMILL OPERATION



Note: *There is a thin protective sheet of clear plastic on the overlay of the console that should be removed.*

- ***A LARGE LED WINDOWS:*** *Time & Distance.*
- ***B ALPHANUMERIC LED WINDOW:*** *Pace, % Complete, Heart Rate, Incline, Calories and Speed.*
- ***C FEEDBACK LEDS:*** *Indicate what workout feedback is currently being displayed.*
- ***D TRAINING MODE LEDS:*** *Indicate what training mode is currently selected.*
- ***E SAVED WORKOUT LEDS:*** *Indicate when a saved workout is selected.*
- ***F START:*** *Press start to begin exercising, starts your workout, or resume exercising after pause.S*
- ***G STOP:*** *Press to pause/end your workout. Hold for 3 seconds to reset the treadmill.*
- ***H INCLINE▲/▼KEYS:*** *Used to adjust incline in small increments (0.5% increments).*
- ***I SPEED + / - KEYS:*** *Used to adjust speed in small increments (0.1 mph increments or 0.1 kmph incremens).*
- ***J ENTER:*** *Used to confirm selection and adjust settings. Press to change display feedback during workout.*
- ***K SELECT TRAINING MODE KEY:*** *Used to select between 3 training modes: Weight Loss, Event Training and Cardio Training.*
- ***L SAVE WORKOUT KEY:*** *Used to select and use any of 4 pre-saved workouts. After your workout, press to save a workout for future use.*
- ***M INCLINE MYKEYS™:*** *Used to reach desired incline more quickly. See next page for details.*
- ***N SPEED MYKEYS™:*** *Used to reach desired speed more quickly. See next page for details.*
- ***O IPOD® CONTROLS:*** *Press to adjust your attached iPod® audio settings. See page 13 for more info (ROJO T5 only).*
- ***P IPOD® DOCKING STATION:*** *Used to dock and charge your iPod®.*
- ***Q SPEAKERS:*** *Music plays through speakers when your CD / MP3 player is connected to the console.*
- ***R AUDIO IN JACK:*** *Plug your CD / MP3 player into the console using the included audio adaptor cable.*
- ***S AUDIO OUT / HEADPHONE JACK:*** *Plug your headphones into this jack to listen to your music through the head phones. NOTE: When headphones are plugged into the headphone jack the sound will no longer come out through the speakers.*
- ***T SAFETY KEY POSITION:*** *Enables treadmill when safety key is inserted.*

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CONSOLE OPERATION

MyKEYS™

You can program the MyKeys to your desired speed or incline values.

*The **SPEED MYKEYS** defaults are:*

- *Slow = 1 mph or 1 kmph*
- *Med = 3 mph or 5 kmph*
- *Fast = 5 mph or 9 kmph*

*The **INCLINE MYKEYS** defaults are:*

- *Low = 0%*
- *Med = 3%*
- *High = 6%*

To change the default value of any MyKEY, while in a program, first select the speed or incline level you would like to save, then press and hold the MyKEY you wish to change for 3 seconds. The current speed or incline level will flash on the console and beep three times indicating that the new level has been saved successfully. To use a Speed MyKEY during a workout, it is necessary to press ENTER after pressing the MyKEY to confirm the speed. This is only necessary for the Speed MyKEYs and not the Incline MyKEYs.

***NOTE:**Slow/Low cannot be set higher than Med and Med cannot be set higher than Fast/High. The console will beep once if the values are incorrect and the value will not be saved.*

HEART RATE

PULSE GRIPS

Place the palm of your hands directly on the grip pulse handlebars. Both hands must grip the bars for your heart rate to register. It takes 5 consecutive heart beats (15-20 seconds) for your heart rate to register. When gripping the pulse handlebars, do not grip tightly. Holding the grips tightly may elevate your blood pressure. Keep a loose, cupping hold. You may experience an erratic readout if consistently holding the grip pulse handlebars. Make sure to clean the pulse sensors to ensure proper contact can be maintained.

***IMPORTANT:**The heart rate function on this product is not a medical device. While heart rate grips can provide a relative estimation of your actual heart rate, they should not be relied on when accurate readings are necessary. Some people, including those in a cardiac rehab program, may benefit from using an alternate heart rate monitoring system like a chest or wrist strap. Various factors, including movement of the user, may affect the accuracy of your heart rate reading. The heart rate reading is intended only as an exercise aid in determining heart rate trends in general. Please consult your physician.*

QUICK START

Use this mode if you wish to begin working out immediately.

1. *Turn on the treadmill (the switch is located at the bottom-front of motor cover).*
2. *Press **START** key and begin exercising.*
3. *Program will automatically count time up from 0:00, the speed will default to 0.5 mph or 0.8 kmph, and the incline will default to 0%.*
4. *The incline and speed level can be adjusted during the workout.*

SELECTING TRAINING MODES

MANUAL MODE

*If you do not want to use a training mode program, you can use **MANUAL MODE** instead.*
This mode only changes incline or speed levels when adjusted by the user.

1. *Press SELECT **TRAINING MODE** key until Manual scrolls across the screen.*
2. *Press **ENTER** key to select Manual Mode.*
3. *Set the time duration of the workout using the + / - or▲/▼ keys.*
4. *Press **START** to begin exercising.*
5. *The incline and speed level can be adjusted during the workout.*
6. *The time will count down from the pre-selected duration.*

TRAINING MODE: WEIGHT LOSS

Speed & elevation changes ; time defaults to 30 minutes

WEIGHT LOSS PROGRAM SEGMENTS

(Metric)

		warm up(4')	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	cool down(4')	
Level 1	Speed	4.0	4.8	4.8	5.6	4.8	5.6	7.2	8.0	7.2	8.0	7.2	8.0	7.2	8.0	7.2	8.0	7.2	8.0	7.2	8.0	7.2	8.0	7.2	5.6	4.8	5.6	4.8	5.6	4.8	4.0
	Elevation	0.5	1.0	1.5	2.0	2.0	2.5	2.5	3.0	3.0	3.5	3.5	4.0	4.0	4.5	4.5	4.5	4.0	4.0	3.5	3.5	3.0	3.0	2.5	2.5	2.0	2.0	1.5	1.0	1.0	0.5
Level 2	Speed	4.0	4.8	4.8	5.6	4.8	5.6	8.0	8.8	8.0	8.8	8.0	8.8	8.0	8.8	8.0	8.8	8.0	8.8	8.0	8.8	8.0	8.8	8.0	5.6	4.8	5.6	4.8	5.6	4.8	4.0
	Elevation	1.0	1.5	2.0	2.5	2.5	3.0	3.0	3.5	3.5	4.0	4.0	4.5	4.5	5.0	5.0	5.0	4.5	4.5	4.0	4.0	3.5	3.5	3.0	3.0	2.5	2.5	2.0	2.0	1.5	1.0
Level 3	Speed	4.0	4.8	5.6	6.4	5.6	6.4	8.8	9.6	8.8	9.6	8.8	9.6	8.8	9.6	8.8	9.6	8.8	9.6	8.8	9.6	8.8	9.6	8.8	6.4	5.6	6.4	5.6	6.4	4.8	4.0
	Elevation	1.5	2.0	2.5	3.0	3.0	3.5	3.5	4.0	4.0	4.5	4.5	5.0	5.0	5.5	5.5	5.5	5.0	5.0	4.5	4.5	4.0	4.0	3.5	3.5	3.0	3.0	2.5	2.5	2.0	1.5
Level 4	Speed	4.0	4.8	6.4	7.2	6.4	7.2	9.6	10.4	9.6	10.4	9.6	10.4	10.4	10.4	9.6	10.4	9.6	10.4	9.6	10.4	9.6	10.4	9.6	7.2	6.4	7.2	6.4	7.2	4.8	4.0
	Elevation	2.0	2.5	3.0	3.5	3.5	4.0	4.0	4.5	4.5	5.0	5.0	5.5	5.5	6.0	6.0	6.0	5.5	5.5	5.0	5.0	4.5	4.5	4.0	4.0	3.5	3.5	3.0	3.0	2.5	2.0
Level 5	Speed	4.0	5.6	7.2	8.0	7.2	8.0	10.4	11.2	10.4	11.2	10.4	11.2	10.4	11.2	10.4	11.2	10.4	11.2	10.4	11.2	10.4	11.2	10.4	8.0	7.2	8.0	7.2	7.2	4.8	4.0
	Elevation	2.5	3.5	3.5	4.0	4.0	4.5	4.5	5.0	5.0	5.5	5.5	6.0	6.0	6.5	6.5	6.5	6.0	6.0	5.5	5.5	5.0	5.0	4.5	4.5	4.0	4.0	3.5	3.5	3.0	2.5
Level 6	Speed	4.0	5.6	8.0	8.8	8.0	8.8	11.2	12.0	11.2	12.0	11.2	12.0	11.2	12.0	11.2	12.0	11.2	12.0	11.2	12.0	11.2	12.0	11.2	8.8	8.0	8.8	8.0	7.2	4.8	4.0
	Elevation	2.5	3.5	4.0	4.5	4.5	5.0	5.0	5.5	5.5	6.0	6.0	6.5	6.5	7.0	7.0	7.0	6.5	6.5	6.0	6.0	5.5	5.5	5.0	5.0	4.5	4.5	4.0	4.0	3.0	2.5
Level 7	Speed	4.0	5.6	8.8	9.6	8.8	9.6	12.0	12.8	12.0	12.8	12.0	12.8	12.0	12.8	12.0	12.8	12.0	12.8	12.0	12.8	12.0	12.8	12.0	9.6	8.8	9.6	8.8	8.0	4.8	4.0
	Elevation	2.5	3.5	4.5	5.0	5.0	5.5	5.5	6.0	6.0	6.5	6.5	7.0	7.0	7.5	7.5	7.5	7.0	7.0	6.5	6.5	6.0	6.0	5.5	5.5	5.0	5.0	4.5	4.5	3.0	2.5
Level 8	Speed	4.0	6.4	9.6	10.4	9.6	10.4	12.8	13.6	12.8	13.6	12.8	13.6	12.8	13.6	12.8	13.6	12.8	13.6	12.8	13.6	12.8	13.6	12.8	10.4	9.6	10.4	9.6	8.0	4.8	4.0
	Elevation	2.5	4.0	4.5	5.5	5.5	6.0	6.0	6.5	6.5	7.0	7.0	7.5	7.5	8.0	8.0	8.0	7.5	7.5	7.0	7.0	6.5	6.5	6.0	6.0	5.5	5.5	5.0	4.5	3.0	2.5
Level 9	Speed	4.0	6.4	10.4	11.2	10.4	11.2	13.6	14.4	13.6	14.4	13.6	14.4	13.6	14.4	13.6	14.4	13.6	14.4	13.6	14.4	13.6	14.4	13.6	11.2	10.4	11.2	10.4	8.0	4.8	4.0
	Elevation	2.5	4.0	5.5	6.0	6.0	6.5	6.5	7.0	7.0	7.5	7.5	8.0	8.0	8.5	8.5	8.5	8.0	8.0	7.5	7.5	7.0	7.0	6.5	6.5	6.0	6.0	5.5	5.0	3.0	2.5
Level 10	Speed	4.0	6.4	11.2	12.0	11.2	12.0	14.4	15.2	14.4	15.2	14.4	13.6	14.4	15.2	14.4	15.2	14.4	15.2	14.4	15.2	14.4	15.2	14.4	12.0	11.2	10.4	9.6	8.0	4.8	4.0
	Elevation	2.5	4.0	5.5	6.5	6.5	7.0	7.0	7.5	7.5	8.0	8.0	8.5	8.5	9.0	9.0	9.0	8.5	8.5	8.0	8.0	7.5	7.5	7.0	7.0	6.5	6.5	6.0	5.5	3.0	2.5

(Britsh)

		warm up(4')	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	cool down(4')	
Level 1	Speed	2.5	3.0	3.0	3.5	3.0	3.5	4.5	5.0	4.5	5.0	4.5	5.0	4.5	5.0	4.5	5.0	4.5	5.0	4.5	5.0	4.5	5.0	4.5	3.5	3.0	3.5	3.0	3.5	3.0	2.5
	Elevation	0.5	1.0	1.5	2.0	2.0	2.5	2.5	3.0	3.0	3.5	3.5	4.0	4.0	4.5	4.5	4.5	4.0	4.0	3.5	3.5	3.0	3.0	2.5	2.5	2.0	2.0	1.5	1.5	1.0	0.5
Level 2	Speed	2.5	3.0	3.0	3.5	3.0	3.5	5.0	5.5	5.0	5.5	5.0	5.5	5.0	5.5	5.0	5.5	5.0	5.5	5.0	5.5	5.0	5.5	5.0	3.5	3.0	3.5	3.0	3.5	3.0	2.5
	Elevation	1.0	1.5	2.0	2.5	2.5	3.0	3.0	3.5	3.5	4.0	4.0	4.5	4.5	5.0	5.0	5.0	4.5	4.5	4.0	4.0	3.5	3.5	3.0	3.0	2.5	2.5	2.0	2.0	1.5	1.0
Level 3	Speed	2.5	3.0	3.5	4.0	3.5	4.0	5.5	6.0	5.5	6.0	5.5	6.0	5.5	6.0	5.5	6.0	5.5	6.0	5.5	6.0	5.5	6.0	5.5	4.0	3.5	4.0	3.5	4.0	3.0	2.5
	Elevation	1.5	2.0	2.5	3.0	3.0	3.5	3.5	4.0	4.0	4.5	4.5	5.0	5.0	5.5	5.5	5.5	5.0	5.0	4.5	4.5	4.0	4.0	3.5	3.5	3.0	3.0	2.5	2.5	2.0	1.5
Level 4	Speed	2.5	3.0	4.0	4.5	4.0	4.5	6.0	6.5	6.0	6.5	6.0	6.5	6.0	6.5	6.0	6.5	6.0	6.5	6.0	6.5	6.0	6.5	6.0	4.5	4.0	4.5	4.0	4.5	3.0	2.5
	Elevation	2.0	2.5	3.0	3.5	3.5	4.0	4.0	4.5	4.5	5.0	5.0	5.5	5.5	6.0	6.0	6.0	5.5	5.5	5.0	5.0	4.5	4.5	4.0	4.0	3.5	3.5	3.0	3.0	2.5	2.0
Level 5	Speed	2.5	3.5	4.5	5.0	4.5	5.0	6.5	7.0	6.5	7.0	6.5	7.0	6.5	7.0	6.5	7.0	6.5	7.0	6.5	7.0	6.5	7.0	6.5	5.0	4.5	5.0	4.5	4.5	3.0	2.5
	Elevation	2.5	3.5	3.5	4.0	4.0	4.5	4.5	5.0	5.0	5.5	5.5	6.0	6.0	6.5	6.5	6.5	6.0	6.0	5.5	5.5	5.0	5.0	4.5	4.5	4.0	4.0	3.5	3.5	3.0	2.5
Level 6	Speed	2.5	3.5	5.0	5.5	5.0	5.5	7.0	7.5	7.0	7.5	7.0	7.5	7.0	7.5	7.0	7.5	7.0	7.5	7.0	7.5	7.0	7.5	7.0	5.5	5.0	5.5	5.0	4.5	3.0	2.5
	Elevation	2.5	3.5	4.0	4.5	4.5	5.0	5.0	5.5	5.5	6.0	6.0	6.5	6.5	7.0	7.0	7.0	6.5	6.5	6.0	6.0	5.5	5.5	5.0	5.0	4.5	4.5	4.0	4.0	3.0	2.5
Level 7	Speed	2.5	3.5	5.5	6.0	5.5	6.0	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0	7.5	6.0	5.5	6.0	5.5	5.0	3.0	2.5
	Elevation	2.5	3.5	4.5	5.0	5.0	5.5	5.5	6.0	6.0	6.5	6.5	7.0	7.0	7.5	7.5	7.5	7.0	7.0	6.5	6.5	6.0	6.0	5.5	5.5	5.0	5.0	4.5	4.5	3.0	2.5
Level 8	Speed	2.5	4.0	6.0	6.5	6.0	6.5	8.0	8.5	8.0	8.5	8.0	8.5	8.0	8.5	8.0	8.5	8.0	8.5	8.0	8.5	8.0	8.5	8.0	6.5	6.0	6.5	6.0	5.0	3.0	2.5
	Elevation	2.5	4.0	4.5	5.5	5.5	6.0	6.0	6.5	6.5	7.0	7.0	7.5	7.5	8.0	8.0	8.0	7.5	7.5	7.0	7.0	6.5	6.5	6.0	6.0	5.5	5.5	5.0	4.5	3.0	2.5
Level 9	Speed	2.5	4.0	6.5	7.0	6.5	7.0	8.5	9.0	8.5	9.0	8.5	9.0	8.5	9.0	8.5	9.0	8.5	9.0	8.5	9.0	8.5	9.0	8.5	7.0	6.5	7.0	6.5	5.0	3.0	2.5
	Elevation	2.5	4.0	5.5	6.0	6.0	6.5	6.5	7.0	7.0	7.5	7.5	8.0	8.0	8.5	8.5	8.5	8.0	8.0	7.5	7.5	7.0	7.0	6.5	6.5	6.0	6.0	5.5	5.0	3.0	2.5
Level 10	Speed	2.5	4.0	6.5	7.0	6.5	7.0	8.5	9.0	9.0	9.5	9.0	8.5	9.0	9.5	9.0	9.5	9.0	9.5	9.0	9.5	9.0	9.5	9.0	7.5	7.0	7.5	6.5	6.0	3.0	2.5
	Elevation	2.5	4.0	5.5	6.5	6.5	7.0	7.0	7.5	7.5	8.0	8.0	8.5	8.5	9.0	9.0	9.0	8.5	8.5	8.0	8.0	7.5	7.5	7.0	7.0	6.5	6.5	6.0	5.5	3.0	2.5

(WARM UP & COOL-DOWN last 4:00 minutes each and both of them are included in program times)

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TRAINING MODE: EVENT TRAINING

If you are training for a race or need to increase your stamina, this is the training mode for you.

1 *Press **SELECT TRAINING MODE** key until **EVENT TRAINING** scrolls across the screen and the LED is lit next to **EVENT TRAINING.***
2 *Press **ENTER** to select **EVENT TRAINING.***
3 *Set your maximum speed using the + / - or▲/▼ keys.*
4 *Press **ENTER** to select the maximum speed.*
5 *Set your minimum speed using the + / - or▲/▼ keys.*
6 *Press **ENTER** to select the minimum speed.*
7 *Set the time duration of the workout using the + / - or▲/▼ keys.*
8 *Press **START** to begin exercising.*

Uses your maximum and minimum to calculate the speed. Incline segments are preset.

(Metril)

EVENT TRAINING MODE - SEGMENTS REPEAT						
SEGMENT	WARM UP		1	2	COOL DOWN	
TIME	2:00	2:00	60	60	2:00	2:00
SPEED	1.3	2.4	4.8	9.6	2.4	1.3
INCLINE	1.5	2.5	3.0	6.5	2.5	1.5

(Britsh)

EVENT TRAINING MODE - SEGMENTS REPEAT						
SEGMENT	WARM UP		1	2	COOL DOWN	
TIME	2:00	2:00	60	60	2:00	2:00
SPEED	0.8	1.5	3.0	6.0	1.5	0.8
INCLINE	1.5	2.5	3.0	6.5	2.5	1.5

These values are based off a maximum setting of 6 and a minimum setting of 3.
Actual values will be based upon your maximum and minimum settings.

TRAINING MODE: HRC(Elevation changes)

Once the HRC program is selected, press 'select'. Using the chart on page 16,determine your target heart rate. Your target heart rate should be set at a number that you will be able to exercise at throughout the majority of your workout. To adjust your target heart rate, press the plus (+) or minus (-) incline buttons.

Once you have chosen your target heart rate, press 'select'. Press the plus (+) orminus (-) speed buttons to adjust your time. Once you choose your time, press the'Start' button and begin your workout.

After the 5 minute warm up period, the elevation level will increase gradually to get the user to the entered target heart rate zone. Once the user is at the target heartrate zone, plus or minus 5 beats, the elevation or speed level will remain at the curren-tresistance level.

If the user is more than 25 beats per minute above the target heart rate zone, the console will shut down for safety reasons. The last five minutes of the programme will begin the cool down period.At this time ,the programme will gradually decrease the resistance level to give the user a smooth cool down.

*NOTE:The chest strap is required to use the **HRC** program*

CHEST STRAP TRANSMITTER PLACEMENT AND MOISTENING THE ELECTRODES

SAVING A WORKOUT

You can save a workout in any of the 4 save workout locations.

1 *At the end of your workout, the console will prompt you if you would like to save your completed workout by scrolling **SAVE WORKOUT.***
2 *If you would like to save the workout, press the **SAVE WORKOUT** key.*
3 *The **1 SAVED WORKOUT LED** will light up. **FREE** or **FULL** will display on the console. **FREE** indicates that this location is empty. **FULL** indicates a previously saved workout is already saved to that par-ticular location. You may save to either a **FREE** or **FULL** location, however if you choose to save to a **FULL** location the previously saved workout will be deleted and replaced with the new workout.*
4 *Press the **SAVE WORKOUT** key until you have selected the desired save workout location you would like to save your workout.*
5 *Press and hold the **SAVE WORKOUT** key for 5 seconds to save the workout for future use. The con-sole will beep 3 times if the workout is saved.*

ENTERTAINMENT INFORMATION

USING iPod É AUDIO PLAYER(ROJO T5)

The Horizon Fitness iPod Docking Station is the entertainment solution for your workouts.
Various models of iPod with a dock connector can fit with the use of the included inserts.

Using your iPod Docking Station (iPod not included)

1 *Remove the **RUBBER PLUG** from bottom of the **DOCKING STATION**.*
2 *Place the **DOCK INSERT** that fits your iPod model into the **DOCKING STATION.***
3 *Plug in your iPod by matching the **DOCK CONNECTOR PIN** on the treadmill with the dock connector on your iPod. **NOTE:** If you want to connect a different sized iPod, simply lift out the **DOCK INSERT** and replace with a new one.*
4 *Use the **IPOD CONTROLS** below the **DOCKING STATION** to adjust volume and song settings. **NOTE:** If you don't want to use the speakers, you can plug your headphones into the **AUDIO OUT JACK** on right of the **IPOD DOCKING STATION.***
5 *Replace the **RUBBER PLUG** into the bottom of the **DOCKING STATION** when the station is not in use. **NOTE:** iPod audio will not play through speakers if the **AUDIO ADAPTOR CABLE** is plugged in while iPod is in the **DOCKING STATION.***
6 *To adjust the volume you must use the **IPOD CONTROLS** located under the docking station. **NOTE:** if you don't want to use the speakers, you can plug your headphones into the **AUDIO OUT JACK** on front left side of the console.*

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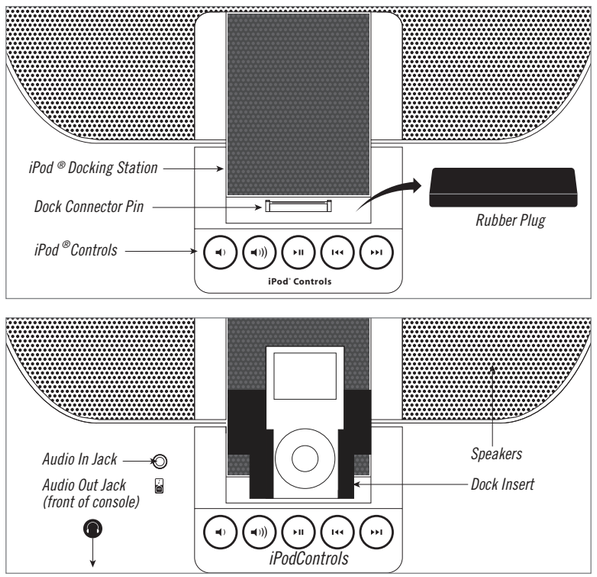

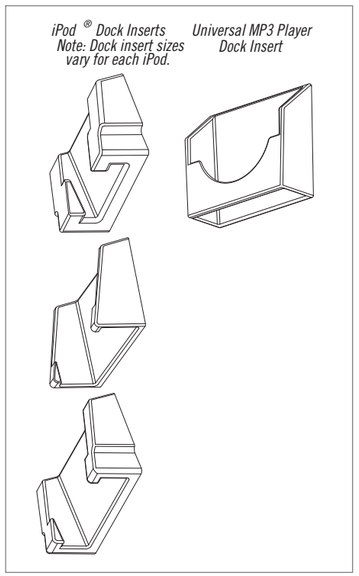

USING NON-iPod® MP3 / CD PLAYERS

1. Leave **RUBBER PLUG** at bottom of **DOCKING STATION.**
2. To hold your MP3 player in place in the **DOCKING STATION,** use the **UNIVERSAL MP3 PLAYER INSERT. NOTE:** Only iPod is compatible with the **DOCK CONNECTOR PIN** in the **IPOD DOCKING STATION.**
3. Connect the included **AUDIO ADAPTOR CABLE** to the **AUDIO IN JACK** on left of the I**POD DOCKING STATION** and the headphone jack on your CD / MP3 player.
4. Use your CD / MP3 player buttons to adjust song settings. **NOTE:** if you don't want to use the speakers, you can plug your headphones into the **AUDIO OUT JACK** on front left side of the console.
5. Remove the **AUDIO ADAPTOR CABLE** when not in use.

CONDITIONING GUIDELINES

ALWAYS CONSULT YOUR PHYSICIAN BEFORE BEGINNING AN EXERCISE PROGRAM.

HOW OFTEN? (Frequency of Workouts)

The American Heart Association recommends that you exercise at least 3 to 4 days per week to maintain cardiovascular fitness. If you have other goals such as weight or fat loss, you will achieve your goal faster with more frequent exercise. Whether it's 3 days or 6 days, remember that your ultimate goal should be to make exercise a lifetime habit. Many people are successful staying with a fitness program if they set aside a specific time of day to exercise. It doesn't matter whether it's in the morning before breakfast, during lunch hour or while watching the evening news. What's more important is that it's a time that allows you to keep a schedule, and a time when you won't be interrupted. To be successful with your fitness program, you have to make it a priority in your life. So decide on a time, pull out your day planner and pencil in your exercise times for the next month!

HOW LONG? (Duration of Workouts)

For aerobic exercise benefits, it's recommended that you exercise from between 24 and 60 minutes per session. But start slowly and gradually increase your exercise times. If you've been sedentary during the past year, it may be a good idea to keep your exercise times to as little as five minutes initially. Your body will need time to adjust to the new activity. If your goal is weight loss, a longer exercise session at lower intensities has been found to be most effective. A workout time of 48 minutes or more is recommended for best weight loss results.

HOW HARD? (Intensity of Workouts)

How hard you workout is also determined by your goals. If you use your treadmill to prepare for a 5K run, you will probably work out at a higher intensity than if your goal is general fitness. Regardless of your long term goals, always begin an exercise program at low intensity. Aerobic exercise does not have to be painful to be beneficial! There are two ways to measure your exercise intensity. The first is by monitoring your heart rate (using the grip pulse handlebars or a wireless chest transmitter - may be sold separately), and the second is by evaluating your perceived exertion level (this is simpler than it sounds!).

PERCEIVED EXERTION LEVEL

A simple way to gauge your exercise intensity is to evaluate your perceived exertion level. While exercising, if you are too winded to maintain a conversation without gasping, you are working out too hard. A good rule of thumb is to work to the point of exhilaration, not exhaustion. If you cannot catch your breath, it's time to slow down. Always be aware of these warning signs of overexertion.

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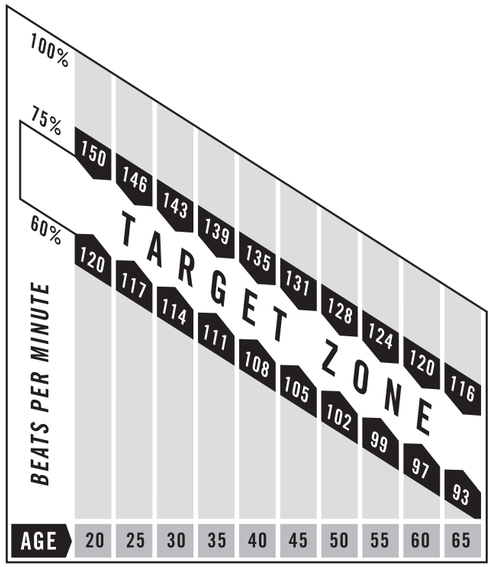
TARGET HEART RATE ZONE CHART

What is Target Heart Rate Zone?

Target Heart Rate Zone tells you the number of times per minute your heart needs to beat to achieve a desired workout effect. It is represented as a percentage of the maximum number of times your heart can beat per minute. Target Zone will vary for each individual, depending on age, current level of conditioning, and personal fitness goals. The American Heart Association recommends working-out at a Target Heart Rate Zone of between 60% and 75% of your maximum heart rate. A beginner will want to workout in the 60% range while a more experienced exerciser will want to workout in the 70-75% range. See chart for reference.



EXAMPLE:

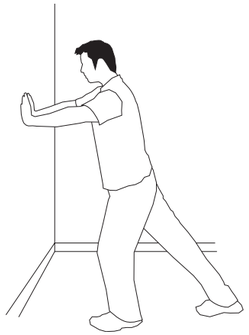
For a 42-year-old user: Find age along the bottom of the chart (round to 40), follow age column up to the target zone bar. Results: 60% of maximum Heart Rate = 108 Beats Per Minute, 75% of maximum Heart Rate = 135 Beat Per Minute.

ALWAYS CONSULT YOUR PHYSICIAN BEFORE BEGINNING AN EXERCISE PROGRAM.

TIPS STRETCHING

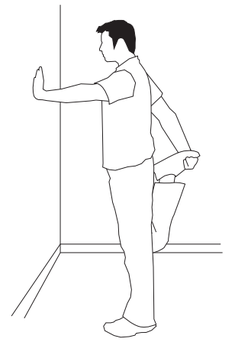
STRETCH FIRST

Before using your product, it is best to take a few minutes to do a few gentle stretching exercises. Stretching prior to exercise will improve flexibility and reduce chances of exercise related injury. Ease into each of these stretches with a slow gentle motion. Do not stretch to the point of pain. Make sure not to bounce while doing these stretches.



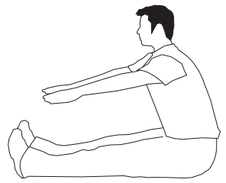
1. STANDING CALF MUSCLE STRETCH

Stand near a wall with the toes of your left foot about 18" from the wall, and the right foot about 12" behind the other foot. Lean forward, pushing against the wall with your palms. Keep your heels flat and hold this position for a count of 15 seconds. Make sure that you do not bounce while stretching. Repeat on the other side.



2. STANDING QUADRICEP STRETCH

Using a wall to provide balance, grasp your left ankle with your left hand and hold your foot against the back of your thigh for 15 seconds. Repeat with your right ankle and hand.



3. SITTING HAMSTRING & LOWER BACK MUSCLE STRETCH

Sit on the floor with your legs together and straight out in front of you. Do not lock your knees. Extend your fingers towards your toes and hold for a count of 15 seconds. Make sure that you do not bounce while stretching. Sit upright again. Repeat one time.

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TIPS ✓ THE IMPORTANCE OF WARM UP & COOL DOWN

WARM UP

The first 2 to 5 minutes of a workout should be devoted to warming up. The warm-up will limber your muscles and prepare them for more strenuous exercise. Make sure that you warm-up on your product at a slow pace. The warm up should gradually bring your heart rate into your Target Heart Rate Zone.

COOL DOWN

Never stop exercising suddenly! A cool-down period of 3-5 minutes allows your heart to readjust to the decreased demand. Make sure that your cool down period consists of a very slow pace to allow your heart rate to lower. After the cool-down, repeat the stretching exercises listed above to loosen and relax your muscles.

TIPS ✓ ACHIEVING YOUR FITNESS GOALS

An important step in developing a long term fitness program is to determine your goals. Is your primary goal for exercising to lose weight? Improve muscle? Reduce stress? Prepare for the spring racing schedule? Knowing what your goals are will help you develop a more successful exercise program. Below are some common exercise goals:

- *Weight Loss - lower intensity, longer duration workouts*
- *Improve Body Shape and Tone - interval workouts, alternate between high and low intensities*
- *Increased Energy Level - more frequent daily workouts*
- *Improved Sports Performance - high intensity workouts*
- *Improved Cardiovascular Endurance - moderate intensity, longer duration workouts*

If possible try to define your personal goals in precise, measurable terms, and then put your goals in writing. The more specific you can be, the easier it will be to track your progress. If your goals are long term, divide them up into monthly and weekly segments. Longer term goals can lose some of the immediate motivation benefits. Short term goals are easier to achieve. Your console provides you with several readouts that can be used to record your progress. You can track Distance, Calories or Time.

KEEPING AN EXERCISE DIARY

To make your personal exercise log book, photocopy the weekly and monthly log sheets, which are located on the following pages, or you can print them off of your computer by going to:

www.advancedfitnessgroup.com/guides/weeklylog.pdf
www.advancedfitnessgroup.com/guides/monthlylog.pdf

As your fitness improves, you can look back and see how far you've come!

WEEKLY LOG SHEETS

WEEK #_____ WEEKLY GOAL_____

DAY	DATE	DISTANCE	CALORIES	TIME	COMMENTS
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
WEEKLY TOTALS :					

WEEK #_____ WEEKLY GOAL_____

DAY	DATE	DISTANCE	CALORIES	TIME	COMMENTS
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
WEEKLY TOTALS :					

WEEK #_____ WEEKLY GOAL_____

DAY	DATE	DISTANCE	CALORIES	TIME	COMMENTS
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
WEEKLY TOTALS :					

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MONTHLY LOG SHEETS

MONTH _____		MONTHLY GOAL _____	
WEEK #	DISTANCE	CALORIES	TIME
MONTHLY TOTALS :			

MONTH _____		MONTHLY GOAL _____	
WEEK #	DISTANCE	CALORIES	TIME
MONTHLY TOTALS :			

MONTH _____		MONTHLY GOAL _____	
WEEK #	DISTANCE	CALORIES	TIME
MONTHLY TOTALS :			

TROUBLESHOOTING

COMMON PRODUCT QUESTIONS

ARE THE SOUNDS MY TREADMILL MAKES NORMAL?

All treadmills make a certain type of thumping noise due to the belt riding over the rollers, especially new treadmills. This noise will diminish over time, although may not totally go away. Over time, the belt will stretch, causing the belt to ride smoother over the rollers.

WHY IS THE TREADMILL I PURCHASED LOUDER THAN THE ONE AT THE STORE?

All fitness products seem quieter in a large store showroom because there is generally more background noise than in your home. Also, there will be less reverberation on a carpeted concrete floor than on a wood overlay floor. Sometimes a heavy rubber mat will help reduce reverberation through the floor. If a fitness product is placed close to a wall, there will be more reflected noise.

WHEN SHOULD I BE WORRIED ABOUT A NOISE?

As long as the sounds your treadmill makes are no louder than a normal conversational tone of voice, it is considered normal noise.

PROBLEM: *The console does not light up and/or the belt does not move.*

SOLUTION: *Verify the following:*

DOES THE RED LIGHT ON THE ON/OFF SWITCH LIGHT UP?

IF YES:

- *Double check that all connections are secure, especially the console cable. Unplug and reconnect the console cable to verify.*
- *Make sure the console cable is not pinched or damaged in any way.*
- *Turn the power off, unplug the power cable and wait 60 seconds. Remove motor cover. Wait until all red LED lights have gone off on the motor control board before proceeding. Next, verify that none of the wires connected to the lower board are loose or disconnected.*

IF NO:

- *Verify that the outlet the machine is plugged into is functional. Double check that the breaker has not tripped, it is on a dedicated 10-amp circuit, it is not on a GFCI equipped outlet, and it is not plugged into a power strip/surge protector or extension cord.*
- *The power cord is not pinched or damaged and is properly plugged into the outlet AND the machine.*
- *The power switch is turned to the ON position.*

PROBLEM: *The treadmill circuit breaker trips during a workout.*

SOLUTION: *Verify the following:*

- *Make sure the treadmill is plugged into a dedicated 10-amp circuit.*
- *Verify that you do not have the machine on an extension cord or surge protector.*
- *Confirm that the machine is not plugged into a GFCI-equipped outlet or on a circuit that has a GFCI-equipped outlet on it.*
- *Lubricate treadmill deck if necessary.*

PROBLEM: *The running belt does not stay centered during a workout.*

SOLUTION: *Verify the following:*

- *Make sure the treadmill is on a level surface.*
- *Verify that the belt is properly tightened and centered (Refer to the Adjustment section for detailed directions).*

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PROBLEM: *Operating speed appears inaccurate.*

SOLUTION: *Auto-calibrate the treadmill:*

- *Power on the treadmill and have the safety key in position on the console. Press and hold the elevation "+" and speed "-" buttons for approximately 5 seconds to enter the Engineering Mode. The console will beep and "ENG0" appears in the display.*
- *Press the Speed "+" or "-" button until "ENG2" appears in the display.*
- *Press, "ENTER" to select. Press, "START" to begin. The treadmill running belt will begin to move automatically and the auto-calibration sequence will properly set and store the speed values.*
- *Upon successful calibration, the treadmill will beep several times. The console will automatically exit Engineering Mode and return to the start-up screen.*

⚠ WARNING

DO NOT *stand on running belt while calibrating – stand on the guide rails. Treadmill will fluctuate between low and high speeds for several minutes until calibration is complete.*

TROUBLESHOOTING - HEART RATE

Check your exercise environment for sources of interference such as fluorescent lights, computers, underground fencing, home security systems or appliances containing large motors. These items may cause erratic heart rate readouts.

You may experience an erratic readout under the following conditions:

- *Gripping the heart rate handlebars too tight. Try to maintain moderate pressure while holding onto the heart rate handlebars.*
- *Constant movement and vibration due to constantly holding the heart rate handlebars while exercising. If you are receiving erratic heart rate readouts, try to only hold the grips long enough to monitor your heart rate.*
- *When you are breathing heavily during a workout.*
- *When your hands are constricted by wearing a ring.*
- *When your hands are dry or cold. Try to moisten your palms by rubbing them together to warm.*
- *Anyone with heavy arrhythmia.*
- *Anyone with arteriosclerosis or peripheral circulation disorder.*
- *Anyone whose skin on the measuring palm is especially thick.*

If the above troubleshooting section does not remedy the problem, discontinue use and turn the power off.

PLEASE CALL CUSTOMER TECH SUPPORT AT THE NUMBER ON THE BACK PANEL.

The following information may be asked of you when you call. Please have these items readily available:

- *Model Name*
- *Serial Number*
- *Date of Purchase (receipt or credit card statement)*

In order for Customer Tech Support to service your treadmill they may need to ask detailed questions about the symptoms that are occurring. Some troubleshooting questions that may be asked are:

- *How long has this problem been occurring?*
- *Does this problem occur with every use? With every user?*
- *If you are hearing a noise, does it come from the front or the back? What kind of noise is it (thumping, grinding, squeaking, chirping etc.)?*
- *Has the machine been lubricated and maintained per the maintenance schedule?*

Answering these and other questions will give the technicians the ability to send proper replacement parts and the service necessary to get you and your ELITE treadmill running again!

MAINTENANCE

Cleanliness of your treadmill and its operation environment will keep maintenance problems and service calls to a minimum. For this reason, we recommend that the following preventive maintenance schedule be followed.

AFTER EACH USE (DAILY)

Clean and inspect, following these steps:

- *Turn off the treadmill with the on/off switch, then unplug the power cord at the wall outlet.*
- *Wipe down the running belt, deck, motor cover, and console casing with a damp cloth. Never use solvents, as they can cause damage to the treadmill.*
- *Inspect the power cord. If the power cord is damaged, contact ELITE.*
- *Make sure the power cord is not underneath the treadmill or in any other area where it can become pinched or cut.*
- *Check the tension and alignment of the running belt. Make sure that the treadmill belt will not damage any other components on the treadmill by being misaligned.*

EVERY WEEK

Clean underneath the treadmill, following these steps:

- *Turn off the treadmill with the on/off switch, then unplug the power cord at the wall outlet.*
- *Fold the treadmill into the upright position, making sure that the lock latch is secure.*
- *Move the treadmill to a remote location.*
- *Wipe or vacuum any dust particles or other objects that may have accumulated underneath the treadmill.*
- *Return the treadmill to its previous position.*

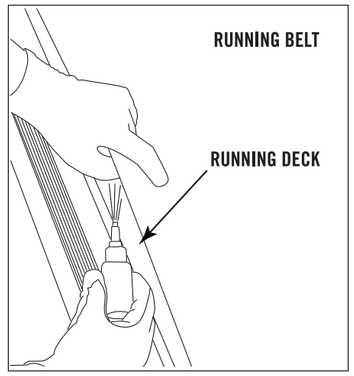
EVERY MONTH - IMPORTANT!

- *Turn off the treadmill with the on/off switch, then unplug the power cord at the wall outlet.*
- *Inspect all assembly bolts of the machine for proper tightness.*
- *Turn off the treadmill and wait 60 seconds.*
- *Remove the motor cover. Wait until ALL display screens turn off.*
- *Clean the motor and lower board area to eliminate any lint or dust particles that may have accumulated. Failure to do so may result in premature failure of key electrical components.*
- *Vacuum and wipe down the belt with a damp cloth. Vacuum any black/white particles that may accumulate around the unit. These particles may accumulate from normal treadmill use.*

EVERY 6 MONTHS OR 150 MILES

LUBRICATION

It is necessary to lubricate your treadmill running deck every six months or 150 miles to maintain optimal performance. Once the treadmill reaches 150 miles, the console will display the message "LUBE" or "LUBE BELT". The treadmill will not operate while the message is showing. Hold Stop for 5 seconds to suspend message for 5 miles. Your treadmill came with a bottle of lubricant which can be used for two applications. If you need lubricant contact ELITE. Only use lubricant provided by ELITE.



- *Turn off the treadmill with the on/off switch, then unplug the power cord at the wall outlet.*
- *Loosen both the rear roller bolts. (For best results, place two removable marks on both sides of the frame and note roller position). Once the belt is loosened, take the bottle of lubricant and apply it to the entire top surface of the running deck. Tighten both rear roller bolts (matching up the marks for proper position) to original position. After you have applied lubricant, plug in the power cord, insert the safety key, start the treadmill and walk on the belt for two minutes to spread the lubricant.*
- *Lubricate the air shocks with Teflon based spray.*
- *Once lubrication is complete, reset the console by pressing and holding 'STOP' and Speed '+' buttons for 5 seconds.*

Please contact ELITE with questions about applying lubricant to your treadmill.

INTRODUCTION
IMPORTANT PRECAUTIONS
ASSEMBLY
BEFORE YOU BEGIN
TREADMILL OPERATION
CONDITIONING GUIDELINES
TROUBLESHOOTING & MAINTENANCE
LIMITED WARRANTY

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LIMITED HOME-USE WARRANTY

EXCLUSIONS AND LIMITATIONS

Who IS covered:

- *Theoriginalownerandisnottransferable.*

What IS covered:

- *Repairorreplacementofa defectivemotor, electroniccomponent, or defectivepartandisthesoleremedyofthewarranty.*

WhatISNOTcovered:

- *Normal wear and tear, improper assembly or maintenance, or installation of parts or accessories not originally intended or compatible with the equipment as sold.*
- *Damage or failure due to accident, abuse, corrosion, discoloration of paint or plastic, neglect, theft, vandalism, fire, flood, wind, lightning, freezing, or other natural disasters of any kind, power reduction, fluctuation or failure from whatever cause, unusual atmospheric conditions, collision, introduction of foreign objects into the covered unit, or modifications that are unauthorized or not recommended by Horizon Fitness.*
- *Incidental or consequential damages. Horizon Fitness is not responsible or liable for indirect, special or consequential damages, economic loss, loss of property, or profits, loss of enjoyment or use, or other consequential damages of whatsoever nature in connection with the purchase, use, repair or maintenance of the equipment.*
- *Equipment used for commercial purposes or any use other than a single family or Household, unless endorsed by Horizon Fitness for coverage.*
- *Equipment owned or operated outside the US and Canada.*
- *Delivery, assembly, installation, setup for original or replacement units or labor or other costs associated with removal or replacement of the covered unit.*
- *Any attempt to repair this equipment creates a risk of injury. Horizon Fitness is not responsible or liable for any damage, loss or liability arising from any personal injury incurred during the course of, or as a result of any repair or attempted repair of your fitness equipment by other than an authorized service technician. All repairs attempted by you on your fitness equipment are undertaken AT YOUR OWN RISK and Horizon Fitness shall have no liability for any injury to the person or property arising from such repairs.*

SERVICE/RETURNS

- *In-home service is available within 150 miles of the nearest authorized repair center (Mileage beyond 150 miles from an authorized service center is the responsibility of the consumer).*
- *All returns must be pre-authorized by Horizon Fitness.*
- *Horizon Fitness' obligation under this warranty is limited to replacing or repairing, at Horizon Fitness' option, the same or comparable model at one of its authorized service centers.*
- *A Horizon Fitness authorized service center must receive all equipment for which a warranty claim is made. This equipment must be received with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase.*
- *Replacement units, parts and electronic components reconditioned to As-new Condition by Horizon Fitness or its vendors may sometimes be supplied as warranty replacement and constitute fulfillment of warranty terms.*
- *This warranty gives you specific legal rights, and your rights may vary from state to state.*

D:
Entsorgungshinweis
Horizon Fitness/Vision Fitness - Produkte sind recyclebar. Führen Sie das Gerät am Ende der Nutzungsdauer einer sachgerechten Entsorgung zu (örtliche Sammelstelle).

GB:
Waste Disposal
Horizon Fitness/Vision Fitness products are recyclable. At the end if its useful life please dispose of this article correctly and safely (local refuse sites).

F:
Remarque relative à la gestion des dèchets
Les produits Horizon Fitness/Vision Fitness sont recyclables. A la fin sa durrèe d`utilisation, remettez l´appareil à un centre de gestion de dèchets correct (collecte locale).

NL:
Verwijderingsaanwijzing
Horizon Fitness/Vision Fitness producten zijn recycleerbaar. Breng het apparaat aan het einde van de gebruiksduur naar een op recycling gespecialiseerd bedrijf (plaatselijk verzamelpunt).

E:
Informaciones para la evacuaciòn
Los productos de Horizon Fitness/Vision Fitness son riciclables. Cuando se termina la vida ùtil de un aparato o una màquina, entrèguelos an una impresa local de eleiminaciòn de residuos para su reciclaje.

I:
Indicazione sullo smaltimento
I prodotti Horizon Fitness/Vision Fitness sono reciclabill. Quando l`apparecchio non servirà più, portatelo in un apposito punto di raccolta della Vostra città (Punti di raccolta comunall).

PL:
Wskazòwka dotyczàca usuwania odpadòw.
Producty firmy Horizon Fitness/Vision Fitness podlegajà recyklingowi. Pod koniec okresu o`ywalnoÈcI pros`z oddac urzàdzenie do wlaÈciwego punkto usuwania odpadòw (lokalny punkt zbiorczy).

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HORIZON
FITNESS